

## Spring 2006

The *School Food Services News* is published three times per year (fall, winter and spring) and is available on the School Food Services Web page.

# NEWS

## School Food Services

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## National School Lunch Week 2006

Vote for School Lunch is this year's theme for National School Lunch Week (NSLW), which will be Oct. 9-13.

Children are encouraged to vote online for their favorite school meal at <http://www.voteforschoollunch.org>.

At this Web site, students will have the opportunity to vote for their favorite school lunch from a selection of five entrees that, according to research, are especially popular. The entrees have been transformed into election candidates and will soon be campaigning for voters. The online polls open on Aug. 1, with the winner to be announced during NSLW on Oct. 11. Be sure to log on and vote for your favorite entrée beginning in August.



## Feeding Children in the Summer

There are three options for feeding children in the summer:

- the National School Lunch Program (NSLP) and School Breakfast Program (SBP)
- the Seamless Summer Option
- the Summer Food Service Program (SFSP).

For more information, visit the School Food Services Web site at <http://dese.mo.gov/divadm/food>.

## National School Breakfast Week 2007

A World of School Breakfasts is the theme for the 2007 National School Breakfast Week (NSBW). This year, NSBW will feature international breakfast flavors from Asia, Australia, Europe and North America. Decide what types of ethnic foods appeal to your students' taste buds and give your menus an intercontinental flare. Try out some of the new revised USDA recipes from across the globe, such as:

- Breakfast Burrito with Salsa (J-02) – available at [http://www.nfsmi.org/Information/school\\_recipes/J-02.pdf](http://www.nfsmi.org/Information/school_recipes/J-02.pdf).
- Hummus (E-24) served with pita bread and fresh fruit – available at [http://www.nfsmi.org/Information/school\\_recipes/E-24.pdf](http://www.nfsmi.org/Information/school_recipes/E-24.pdf).

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**MISSOURI DEPARTMENT OF ELEMENTARY AND SECONDARY EDUCATION**

*"Making a positive difference through education and service"*

## Updated USDA Recipes

If your Local Educational Agency (LEA) is currently using USDA recipes, schools must use the new "USDA Recipes for Schools" beginning July 1 to meet meal requirements for federal reimbursement. Currently posted at the National Food Service Management Institute's (NFSMI) Web site are the only USDA recipes used for meeting school meal requirements. These recipes are available online at [http://www.nfsmi.org/Information/school\\_recipe\\_index\\_alpha.html](http://www.nfsmi.org/Information/school_recipe_index_alpha.html) (alphabetically) or at [http://www.nfsmi.org/Information/school\\_recipe\\_index\\_number.html](http://www.nfsmi.org/Information/school_recipe_index_number.html) (numerically).

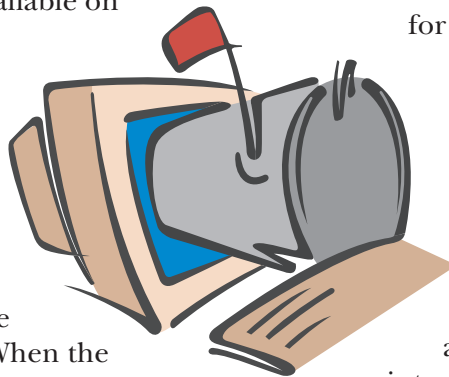
As of June 2006, the following USDA recipes should no longer be used for meeting school meal requirements for federal reimbursement:

- 1988 Quantity Recipes for School Food Service
- 1995 Tool Kit for Healthy School Meals
- recipes containing HACCP based on the 1999 Food Code, provided on CD from the NFSMI
- Chef Challenge recipes
- any other USDA recipes published prior to the April 2005 revised school meal recipes.

The recipe sources listed above are based on outdated food yields and food-code recommendations. To avoid using the wrong recipe version, schools and school food authorities should discard obsolete recipes.

## Open Order Goes E-mail

In addition to mailing or faxing the open order commodity form, LEAs will have another option starting with the 2006-07 school year. The commodity open order form will be available on the School Food Services Web site as a Microsoft Word document, and LEAs will be able to e-mail their open order commodity forms to our office. LEAs will need to complete the form, save the form as a Microsoft Word file and then e-mail the completed form as an attachment to [webreplyascfocom@dese.mo.gov](mailto:webreplyascfocom@dese.mo.gov). Please type "open order" in the subject line. When the e-mail is received, a notice of receipt will be returned to the LEA. This will alleviate the need for LEAs to call and confirm orders.



## Corrected Nutrition Facts for 2006-07 Commodity Processing

Farm Rich has provided DESE with a nutrition-information correction on the Reduced Fat Grilled Cheese Pleezers, product number 65283:

### Reduced Fat Grilled Cheese Pleezers-65283 Nutrition Facts

Serving Size 2 Sticks (3.7 oz/104g)  
Servings per Container 90

Amount per Serving		
Calories 290		Calories from Fat 120
		% Daily Value*
Total Fat	14g	21%
Saturated Fat	8g	41%
Trans Fat	0g	
Cholesterol	30mg	9%
Sodium	860mg	36%
Total Carbohydrate	25g	8%
Dietary Fiber	2g	6%
Sugars	4g	
Protein	13g	

Vitamin A 0% Vitamin C 2% Calcium 2% Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

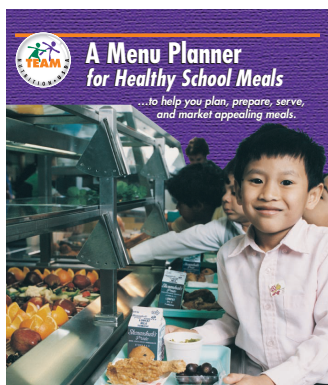
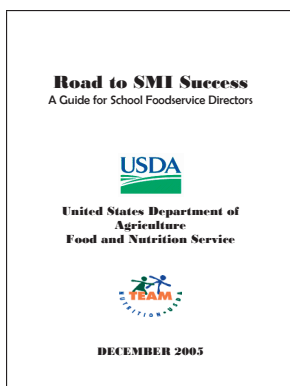
## Updating E-mail Addresses in Online Application Agreements

In order to receive the most recent e-mail notices, LEAs should take time to update the e-mail address for the authorized representative on the online Application Agreement. Amendments to the application can be completed online by the LEA. If amendments are made, please contact either Joanie Romero at [Joanie.Romero@dese.mo.gov](mailto:Joanie.Romero@dese.mo.gov) or Donna Maddox at [Donna.Maddox@dese.mo.gov](mailto:Donna.Maddox@dese.mo.gov) so that the amendment can be approved without interfering with reimbursement claims. For assistance with amendments, contact our office at (573) 751-7564.

## New School Meals Initiative Manuals

The USDA has issued two new guidance manuals for School Meals Initiative (SMI) called “Road to SMI Success – A Guide for School Foodservice Directors” and “Nutrient Analysis Protocols – How to Analyze Menus for USDA’s School Meals Programs.” These manuals are available for download on the Team Nutrition Web site at <http://www.teamnutrition.usda.gov/Resources/roadtosuccess.html>.

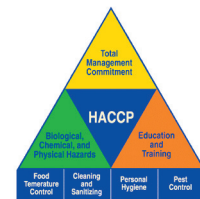
“Road to SMI Success” replaces “USDA’s Healthy School Meals Training” and serves as a compliment to “A Menu Planner for Healthy School Meals,” found at <http://www.fns.usda.gov/tn/Resources/menuplanner.html>. It is suggested that schools become familiar with “A Menu Planner for Healthy School Meals” before using the new manual.



The purpose of “Road to SMI Success” is to help foodservice directors, supervisors and managers successfully implement USDA’s School Meals Initiative for Healthy Children regulations within the scope of daily practice. It includes information on menu-planning options, daily foodservice practices and tips to meet nutritional requirements for school meals, Team Nutrition and an SMI review.

The companion manual, “Nutrient Analysis Protocols,” establishes procedures for conducting an accurate nutrient analysis. It was developed for school food authorities conducting their own nutrient analysis – Nutrient Standard Menu Planning/Assisted Nutrient Standard Menu Planning schools required to conduct a nutrient analysis, or food-based schools choosing to conduct their own analysis – and for state agencies conducting SMI reviews.

## HACCP and the Missouri Food Code

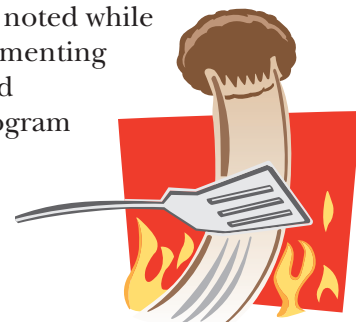


The Missouri Food Code continues to operate on the 1999 federal version of the food code. However, there have been recent changes in the temperatures for the following references in the Missouri Food Code:

The minimum temperature for hot holding for potentially hazardous foods has been reduced from 140 F to 135 F. The temperature of 135 F should replace 140 F in the following code references:

- |                  |   |
|------------------|---|
| 3-202.11(c)      | Minimum receiving temperature of cooked, hot held, potentially hazardous food                             |
| 3-304.12(F)      | Minimum water temperature maintained for storage of in-use utensils between uses                          |
| 3-401.13         | Minimum cook temperature for fruits and vegetables for hot holding  |
| 3-403.11(c)      | Minimum cook temperature for initial heating of commercially processed, ready-to-eat food for hot holding |
| 3-501.14(A)(1)*  | Starting temperature in initial stage of two-stage cooling process  |
| 3-501.16(A)      | Minimum hot holding temperature for potentially hazardous foods   |
| 4-204.111(B)(2)* | Minimum ambient temperature in a hot holding vending machine  |
| 4-602.11(D)(7)*  | Minimum water temperature maintained for storage of in-use utensils between uses                          |

These changes should be noted while developing and/or implementing a new Hazard Analysis and Critical Control Point program in your school.



## Are You a Team Nutrition School?

Team Nutrition (TN) is an initiative of the USDA Food and Nutrition Service to support the Child Nutrition Programs through training and technical assistance. Foodservice, nutrition education for children and their caregivers, and support for schools and communities is TN's focus to obtain the goal of healthy eating and physical activity.

Joining TN can help schools focus their attention on the important role that nutritious school meals, nutrition education and a healthy school environment play in helping students learn to enjoy a fit lifestyle. TN enrollment provides the framework to promote a team effort among school nutrition staff, teachers, parents, the media and other community members.

The goal of TN is to improve the eating and physical-activity habits of children by using the principles of the Dietary Guidelines for Americans and MyPyramid. As a new TN member, your school will receive a resource kit, while supplies last, of materials to help you plan and carry out activities for your students and their families. Additional TN materials can be purchased from the National Food Service Management Institute. Visit the Team Nutrition Web site at <http://www.fns.usda.gov/tn>.



## Orientation to Child Nutrition Management Seminar

The National Food Service Management Institute (NFSMI) is hosting three Orientation to Child Nutrition Management seminars this summer. Seminars will be held June 12-16 at the University of Mississippi in Oxford, Miss.; July 24-28 at the Adams 12 Five Star School District Conference Center in Thornton, Colo.; and August 14-18 at Framingham State College in Framingham, Mass. These seminars are designed for new and aspiring Child Nutrition Program directors. College credit is available for the Mississippi location only. For more information and registration, go to <http://www.nfsmi.org> and click on Educational Opportunities.

## Summer 2006 Training

Remember to register for School Food Services Summer 2006 Training. You can choose from the following locations: St. Louis, Kansas City, Kirksville, Jefferson City, Farmington, Cape Girardeau, Springfield and Joplin. You may also choose from the following topics:

- Records Class
- Grab a Bite of Wellness for your Program!
- HealthierUS School Challenge: Recognizing Nutrition Excellence in School
- What's Nutrition Education Got to Do with It?
- Fruits and Vegetables Galore
- Be Smart, Eat Smart
- Help with HACCP.

The workshop brochure can be found online at <http://dese.mo.gov/divadm/food> by selecting Summer Workshops. The registration deadline is May 19, and space is limited.

## School Nutrition Association Annual Conference



Lights, Camera, School Nutrition! The School Nutrition Association's 60th Annual National Conference (ANC) will be in Los Angeles, Calif. From July 16-19 at the Los Angeles Convention Center. ANC will feature more than 400 exhibitors, over 90 quality educational sessions and special access to Universal Studios Hollywood. Get a close-up look at Los Angeles and join in on the ANC fun. For more information on registration, visit <http://docs.schoolnutrition.org/meetingsandevents/anc2006>.

## Missouri School Nutrition Association Annual Conference

The Missouri School Nutrition Association's 2006 Annual State Conference will be June 27-29 in Kansas City at the Hyatt Regency Crown Center. For more information about membership and the conference, go to <http://www.msfsa.net>.



## Local Wellness Policy: Ready, Set, Go!

Recognizing the role that schools can play in combating problems associated with poor nutrition and inactivity, Congress included in the Child Nutrition and WIC Reauthorization Act of 2004 a requirement that each LEA participating in a program authorized by the National School Lunch Act or the Child Nutrition Act of 1966 establish a local wellness policy by the beginning of the 2006-2007 school year.

At a minimum, the school wellness policy must:

- include goals for nutrition education, physical activity and other school-based activities designed to promote student wellness and reduce childhood obesity.
- include nutrition guidelines for all foods available on the school campus during the school day.
- provide an assurance that guidelines for school meals are not less restrictive than those set by the secretary of USDA.
- establish a plan for measuring the implementation of the local wellness policy, and designate one or more person(s) within the LEA with the responsibility for ensuring compliance.
- involve parents, students, representatives of the School Food Authority, the school board, school administrators and the public in development of the local wellness policy.

School boards must adopt their wellness policy by the first day of the 2006-07 school year. The intent of the law is to keep decisions at the local level, to promote student health and to reduce “childhood overweight” (a phrase coined by the CDC) by targeting obesity risk factors of physical inactivity and unhealthy eating.

### Possible consequences of children being overweight

- Early maturation
- Type 2 diabetes
- Coronary heart disease
- Gallbladder disease
- Hypertension
- Respiratory problems
- Osteoarthritis

(Source: Dietz, W., Health Consequences of Obesity in Youth Pediatrics 1998, 101.518-525.)



### Social issues associated with an overweight status

- Compromised social functioning
- Reduced self-esteem
- Poor psychological health
- Low academic achievement

### The financial cost of overweight youth

- Youth obesity-associated annual hospital costs during 1997-1999 were \$127 million.
  - There was a threefold increase in cost from 1979-1981 of \$35 million.
  - These costs do not include doctor visits, medications or indirect costs.
- (Source: Wang, Dietz, Economic Burden of Obesity in Youths Aged 6-17 Years: 1979-1999 Pediatrics 2002, 109.5.)



### The hidden cost of being overweight

- Students have increased school absences due to chronic disease.
- School health staff must spend time managing chronic diseases.
- Staff must take time to address social and psychological issues.

For sample policies and more information on developing a local wellness policy, log on to USDA's Team Nutrition Web site at [http://www.fns.usda.gov/tn/Healthy/wellness\\_policyrequirements.html](http://www.fns.usda.gov/tn/Healthy/wellness_policyrequirements.html) and the School Food Services Web site at: <http://dese.mo.gov/divadm/food> (click the Wellness Policies link).



*The goal is to create a total school environment that is conducive to healthy eating and being physically active.*



### MSNA Web Site

The School Food Services Web site is linked to the Missouri School Nutrition Association (MSNA) (formerly known as Missouri School Food Service Association or MSFSA) Web site. Check *Additional Sites of Interest* at the bottom of our home page. For more information about MSNA, go to their Web site at <http://www.msfsa.net>.

### National Food Service Management Institute

Every year the National Food Service Management Institute (NFSMI) presents satellite seminars in April and October and live interactive teleconferences in January and August. Check the link on our home page under *Additional Sites of Interest*. The NFSMI Web address is <http://www.nfsmi.org>. Click on *Educational Opportunities* for satellite seminar information.

### Resource Materials

New educational materials/resources will be provided to the LEA on our Web site: <http://www.dese.mo.gov/divadm/food>. Check the link on our home page under Resource Materials.

## Director's Award for Meritorious Team Effort

On June 30, 2004, the US Congress enacted Section 204 of Public Law 108-265, requiring all Local Education Agencies that participate in the Richard B. Russell National School Lunch Act or the Child Nutrition Act of 1966 to establish a local wellness policy by the beginning of the 2006-07 school year. Although it is a short piece of legislation, its impact is enormous.

The Department of Elementary and Secondary Education has partnered with the Missouri School Boards' Association, University of Missouri Extension, American Heart Association, Missouri School Nutrition Association, Midwest and St. Louis Dairy Council and St. Joseph Public Schools. Through this partnership, a Local Wellness Policy Work Group began meeting regularly in April 2005 over a seven-month planning period and formed subcommittees to research and write the different components of the District Wellness Program. This interagency work group is the recipient of the Director's Award for Meritorious Team Effort.



Team members include: (sitting l. to r.) Shannon Beckner, Missouri School Boards' Association; Bonnie Linhardt, American Heart Association; Karen Wooton, Department of Elementary and Secondary Education (DESE); Alma Hopkins, University of Missouri Extension; Laina Fullum, DESE; (standing l. to r.) Dale Brigham, University of Missouri Extension; Erika Jones, Midwest Dairy Council; Rita Arni, DHSS; Kelli Hopkins, MSBA; Mary Thompson, St. Louis District Dairy Council; Ellen Schuster, University of Missouri Extension; Cindy DeBlauw and Donna Mehrle, DHSS; Martha Meyer, St. Joseph School District; Kris Schroer, DHSS; Jeff Freeman, DESE.

Not pictured: Holly Rodgers and Marjorie Cole, DHSS; Grennan Sims, Missouri School Nutrition Association; Kim Werning, North Kansas City School District; Mari Ann Bihr, formerly DESE, now retired; Shawn Wellman, formerly DHSS; Susan Goldammer and David Lineberry, MSBA; and Dawn Matthews, Camdenton R-III School District.

## District of Excellence

Congratulations to Leah Schmidt, SFNS, director of Nutrition Services at Hickman Mills C-1 School District for achieving the School Nutrition Association's District of Excellence in Child Nutrition status. A District of Excellence in Child Nutrition demonstrates its knowledge and fulfillment of superior performance in providing nutritious food and a healthy educational environment for all students.

The Keys to Excellence program is an online evaluation, management and learning tool for foodservice directors. To learn more about this tool, please visit: <http://www.schoolnutrition.org/KEYS>.

